



# COVID-19 Guidelines & Procedures for Volunteers



## INTRODUCTION

2021 will look and feel quite a bit different than previous volunteer years – but we are still looking forward to our volunteer trail work events and staying cautiously optimistic! We hope you understand that we must follow extra precautions to ensure the safety of our staff, volunteers, communities, and partners. With that in mind, we ask volunteers to remain vigilant in following all Center for Disease Control guidelines and complying with regionally issued government orders. The purpose of this document is to provide CDTC volunteers with guidelines to ensure a productive, positive, and safe work environment while working with CDTC in the field.

## CHOOSING SAFER ACTIVITIES

CDTC staff will do everything in their power to create a safe and hygienic environment while at camp and working. It is volunteers' responsibilities to decide what risks they are willing to take in regards to COVID-19. Small outdoor activities are largely considered safe by the CDC, however volunteers should familiarize themselves with CDC recommendations for choosing what activities to participate in [here](#).

## VOLUNTEER RESPONSIBILITIES

### *Pre-Project*

- Please familiarize yourself with the [symptoms of COVID-19](#) and consider staying home from projects if you are in a [high-risk population](#). **People with one or more of the following conditions are considered at a higher risk for serious complications from COVID-19.**
  - People who are 65+ in age. Please note that reports show 8 out of 10 COVID-19 deaths reported in the US have been in people over 65.
  - People with cancer, chronic kidney disease, chronic lung diseases including COPD (chronic obstructive pulmonary disease), sickle cell disease or thalassemia, stroke or cerebrovascular disease, which affects blood flow to the brain, asthma (moderate-to-severe), interstitial lung disease, cystic fibrosis, and pulmonary hypertension.
  - People with dementia or other neurological conditions.
  - People with diabetes (type 1 or type 2), down syndrome, certain heart conditions (such as heart failure, coronary artery disease, cardiomyopathies or hypertension).
  - People with an HIV infection or who are in an immunocompromised state (weakened immune system).
  - Liver disease.
  - People who are overweight or obese.
  - People who are pregnant or are current or former smokers or people who have substance use disorders.
  - People who have had a solid organ or blood stem cell transplant.



# COVID-19 Guidelines & Procedures for Volunteers



- If you identify with a high-risk population and are not fully vaccinated please reach out to Field Programs staff to discuss. We appreciate you understanding our concern for your health and others!
- Volunteers must stay up-to-date on regional, state, and national travel restrictions and public health guidelines associated with COVID-19 for each project location. Please follow CDC instructions for cross country travel which can be found [here](#).
- CDTC volunteers will be required **to bring all their own food, snacks, and cook set** (this includes stove, gas, pots, pans, utensils for overnight trips etc.) for the duration of the project, with some exceptions. If you are unable to take on the additional cost of food for this project, CDTC may be able to provide extra funds to help reimburse volunteers' food cost. Please reach out for more details on ways we can help.
- Carpooling is not recommended unless you are travelling with people from the same household or all volunteers carpooling are fully vaccinated.
- One week before the beginning of the project CDTC will send out a **COVID-19 Screening Survey** that all volunteers will be asked to fill out before the project start date.
- CDTC Field Programs staff will be in regular communication with registered volunteers prior to the project start date and will let people know of a cancellation or postponement in advance. We are here to answer any questions and address any concerns you have.

## ***During Project***

If a volunteer begins to show [symptoms](#) of COVID-19 (these include, but are not limited to, fever, cough, and shortness of breath) they will be monitored until they can be taken out of the field or take themselves out of the field as soon as possible and seek medical care. This is especially the case if the individual is [high-risk](#).

## **IF YOU ARE FULLY VACCINATED**

- Face coverings or masks are not required if you are fully vaccinated per [CDC guidelines](#) (2 weeks after your second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine).
- CDTC staff will ask if you have been fully vaccinated before the start of the project in the COVID-19 Screening Survey sent out one week in advance of the project.

## **IF YOU ARE NOT FULLY VACCINATED**

- If you are not fully vaccinated CDTC recommends wearing a face covering when maintaining a minimum of 6' of distance between other people is not possible. CDTC staff may ask you to wear a face mask if not fully vaccinated and working/socializing in a crowded area. Refusal to comply will result with CDTC staff asking you to leave the project.



# COVID-19 Guidelines & Procedures for Volunteers



- Please see [here](#) for a full list of protections you should take if not fully vaccinated. Wash your hands often and cover coughs and sneezes.
- Monitor your health daily and be alert for [symptoms](#) of COVID-19.

## HYGIENE

CDTC staff will provide hand washing stations and provide bleach solution for cleaning. Volunteers are required to practice good hygiene during every project.

- Frequently washing hands with soapy water for at least 20 seconds or using an alcohol based hand sanitizer. This includes:
  - Before, during, and after preparing food
  - Before eating food
  - Before and after going to the bathroom
  - After nose blowing, coughing, or sneezing
  - Before and after field work and during breaks
  - After putting on, touching, or removing cloth face coverings
  - Before and after pumping gas
- Avoid touching your eyes, nose, and mouth with unwashed hands. Sneeze or cough into the crook of your elbow.
- Take extra steps to ensure self-sufficiency to avoid sharing snacks and water bottles, etc. Keep your food and mess kit separate from other crew members.

## PERSONAL PROTECTIVE EQUIPMENT

- Volunteers are required to bring their own face coverings and work gloves (CDTC will distribute gloves for individual volunteers to keep if they are unable to purchase a pair).
- Volunteers should not share work gloves, hardhats, or eye pro at any time and should keep the same PPE for the duration of the project.
- If working on a high-trafficked section of trail and not fully vaccinated, CDTC recommends that staff and volunteers cover their mouth and nose with a cotton face mask (has two or more layers of washable, breathable fabric, completely covers your nose and mouth, fits snugly against the sides of your face, doesn't have gaps, and has a nose wire to prevent air from leaking out of the top of the mask) or a buff/gaiter only if it has been folded into two layers and completely blocks light. CDC recommendations on face coverings can be found [HERE](#).

## TOOL USE

- Volunteers should minimize sharing tools whenever possible.

## EXTRA SUPPLIES VOLUNTEERS SHOULD PACK FOR COVID-19 MITIGATION

- Personal Hand Sanitizer
- Personal face covering (we recommend two or more for multi-day trips)



# COVID-19 Guidelines & Procedures for Volunteers



- Personal toilet paper and toiletries

## ***Post Project***

- If volunteers become ill following the project they should notify CDTC staff so we can communicate to other volunteers who may have been in close contact.

**\*This document has pulled some guidelines provided by the CDC, EPA, Rocky Mountain Field Institute, Volunteers for Outdoor Colorado, Appalachian Trail Conservancy, and Colorado Department of Health and the Environment.**